

Resource List for Depression Sufferers

Note: if you're depressed, the first thing to do is get in touch with a compassionate and wise physician who can do medical tests. These resources are by no means complete, but I wanted to make available some of the scriptures, books, and websites that helped me on my journey through severe depression and anxiety.

Scriptures to Meditate On:

(When I was very depressed, I wrote scriptures on index cards and put them all over my house and car. It trained me to look at the Word of God when my thoughts started to spiral out of control. These are just some of my favorites, which I meditated on mostly from the NIV version. The Message paraphrase is also wonderful, as are the NLT, NASB and NKJV translations.)

Ruth 1:16-17

Psalms 18:32, all of chapter 23, 42:1-2, 69:30, 86:3-4; 107:8; 103:2; 100:4; 105:40

Proverbs 17:22; 18:24; 27:17; 18:8

Isaiah—too many wonderful verses to list (read the promises to Israel out loud, inserting your name for “Israel”)

Matthew 10:42

John 13:34-35, 14:27, 15:12-13; 16:22

Romans 5:1-4, 8:15-16, 8:31-32 and 8:38-29

2 Corinthians 3:4-5, 12:9

Ephesians 5:19-20

Philippians

2 Timothy 1:7

Titus 2:3-5

1 Peter 4:12-13

1 John 3:1 and 4:16

Websites to Visit:

Newlife: <http://newlife.com/> (they have tons of great resources)

Rest Ministries: www.restministries.com

Health.com (for medically-based articles, sites and blogs—these are not from a Christian perspective but can be helpful)

Books to Read:

Wounded Women of the Bible: Finding Hope When Life Hurts Tina Samples and Dena Dyer (Kregel)

Tender Mercy for a Mother's Soul by Angela Thomas (Thomas Nelson)
Cracking Up: A Post-Partum Faith Crisis by Kimberlee Conway Ireton (Mason Lewis Press)
One Thousand Gifts by Ann Voskamp (Zondervan)
Deceived by Shame, Desired by God by Cynthia Humbert (NavPress)
Breaking Free by Beth Moore (B&H)
Boundaries by Henry Cloud and John Townsend (Harper Collins)
Jesus Calling by Sarah Young (Thomas Nelson)
Come Away my Beloved by Francis Roberts (Barbour)
Ferris Wheels, Daffodils and Hot Fudge Sundaes by Laura Jensen Walker (Revell)
This is Your Brain on Joy by Dr. Earl Henslin (Thomas Nelson)
Who Switched Off My Brain: Controlling Toxic Thoughts and Emotions by Dr. Caroline Leaf (Switch On Your Brain, LLC)
Listening to Love by Jan Meyers (Waterbrook Press)
The Allure of Hope by Jan Meyers (NavPress)
Grace Walk by Steve McVey (Harvest House)
Seeing Through the Lies by Vonda Skelton (Regal)
I'm Not Good Enough...and Other Lies Women Tell Themselves by Sharon Jaynes (Harvest House)
The Girl in the Orange Dress—Searching for a Father Who Doesn't Fail by Margo Starbuck (IVP)
Abba's Child by Brennan Manning (NavPress)